

Braxton Hicks or labour contractions?

Braxton Hicks contractions are a normal part of pregnancy that can come and go.

They prepare your body for giving birth by toning the muscles in your uterus.

Contractions are when the muscles of your uterus tighten and then relax during labour.

Braxton Hicks contractions

Irregular and short (usually lasting 30 seconds)

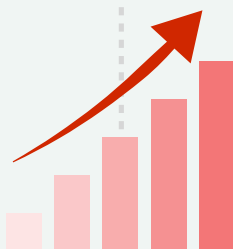
Are usually uncomfortable but not painful

Walking does not make them stronger

Lying down may make them go away

They don't get stronger

They don't get closer together



Labour contractions

Become regular and last longer as they continue

Are usually more painful over time

Walking may make them stronger

Lying down does not make them go away

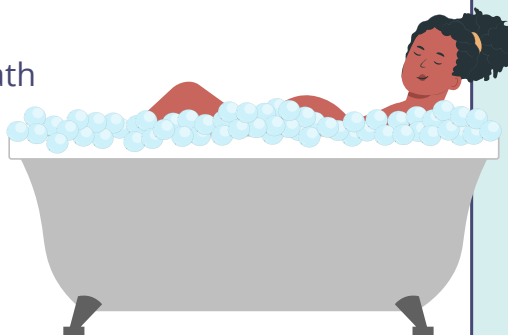
They get stronger over time

They get closer together over time



Tips to ease Braxton Hicks contractions

- Lying down or changing position
- Taking a walk
- Relaxing in a warm bath
- Staying hydrated
- Urinating (weeing)



When to call your doctor or midwife

- When your waters break
- When you have contractions that are getting stronger, closer together and more regular
- When you are needing support from your care provider

! At any stage of pregnancy, contact your midwife or doctor if you are concerned or unsure about anything you experience

